

## Years 7, 8 and 9 – Suggested Remote Learning Timetable during School Closure

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8am</b>	Eat a good breakfast	Eat a good breakfast	Eat a good breakfast	Eat a good breakfast	Eat a good breakfast
<b>8.30am</b>	Exercise/warm up Perhaps complete a short workout video you have found online	Exercise/warm up Perhaps complete a short workout video you have found online	Exercise/warm up Perhaps complete a short workout video you have found online	Exercise/warm up Perhaps complete a short workout video you have found online	Exercise/warm up Perhaps complete a short workout video you have found online
<b>9am-9.45am</b>	English	Maths	Science	English	Maths
<b>9.45am-10.30am</b>	Science	History	Geography	RE	Computing/ICT
<b>10.30am-11am</b>	Break – move around – perhaps help out with a household job	Break – move around – perhaps help out with a household job	Break – move around – perhaps help out with a household job	Break – move around – perhaps help out with a household job	Break – move around – perhaps help out with a household job
<b>11am-11.45am</b>	Technology	Music/Drama/Art	Maths	Maths	PE
<b>11-45am-12.30pm</b>	MFL	English	Music/Drama/Art	Geography	MFL
<b>12.30pm-1.30pm</b>	Make a healthy lunch	Make a healthy lunch	Make a healthy lunch	Make a healthy lunch	Make a healthy lunch
<b>1.30.2.15pm</b>	PE	Technology	English	History	Science
<b>2.15-3pm</b>	Personal/creative time: Read a book; create an artwork; write a poem; do a crossword or Sudoku; bake; learn a song or dance – or any other activity which interests you	Personal/creative time: Read a book; create an artwork; write a poem; do a crossword or Sudoku; bake; learn a song or dance – or any other activity which interests you	Personal/creative time: Read a book; create an artwork; write a poem; do a crossword or Sudoku; bake; learn a song or dance – or any other activity which interests you	Personal/creative time: Read a book; create an artwork; write a poem; do a crossword or Sudoku; bake; learn a song or dance – or any other activity which interests you	Personal/creative time: Read a book; create an artwork; write a poem; do a crossword or Sudoku; bake; learn a song or dance – or any other activity which interests you
<b>3pm onwards</b>	Personal relaxation time	Personal relaxation time	Personal relaxation time	Personal relaxation time	Personal relaxation time

**Year 10 – Suggested Remote Learning Timetable – Name: \_\_\_\_\_**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>8am</b>	Eat a good breakfast	Eat a good breakfast	Eat a good breakfast	Eat a good breakfast	Eat a good breakfast
<b>8.30am</b>	Exercise/warm up Perhaps complete a short workout video you have found online	Exercise/warm up Perhaps complete a short workout video you have found online	Exercise/warm up Perhaps complete a short workout video you have found online	Exercise/warm up Perhaps complete a short workout video you have found online	Exercise/warm up Perhaps complete a short workout video you have found online
<b>9am-9.45am</b>	English	Maths	Biology	English	Maths
<b>9.45am-10.30am</b>	Chemistry	Option B	Option C	Chemistry	Option C
<b>10.30am-11am</b>	Break – move around – perhaps help out with a household job	Break – move around – perhaps help out with a household job	Break – move around – perhaps help out with a household job	Break – move around – perhaps help out with a household job	Break – move around – perhaps help out with a household job
<b>11am-11.45am</b>	Humanities Option A	Humanities Option A	Maths	Maths	PE
<b>11-45am-12.30pm</b>	Physics	English	Humanities Option A	Biology	Option B
<b>12.30pm-1.30pm</b>	Make a healthy lunch	Make a healthy lunch	Make a healthy lunch	Make a healthy lunch	Make a healthy lunch
<b>1.30.2.15pm</b>	Option D	Option D	English	History	Physics
<b>2.15-3pm</b>	Personal/creative time: Read a book; create an artwork; write a poem; do a crossword or Sudoku; bake; learn a song or dance – or any other activity which interests you	Personal/creative time: Read a book; create an artwork; write a poem; do a crossword or Sudoku; bake; learn a song or dance – or any other activity which interests you	Personal/creative time: Read a book; create an artwork; write a poem; do a crossword or Sudoku; bake; learn a song or dance – or any other activity which interests you	Personal/creative time: Read a book; create an artwork; write a poem; do a crossword or Sudoku; bake; learn a song or dance – or any other activity which interests you	Personal/creative time: Read a book; create an artwork; write a poem; do a crossword or Sudoku; bake; learn a song or dance – or any other activity which interests you
<b>3pm onwards</b>	Personal relaxation time	Personal relaxation time	Personal relaxation time	Personal relaxation time	Personal relaxation time

**My Distance Learning Timetable\*** – Name: \_\_\_\_\_

<b><i>TIME</i></b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>

**\*If you would prefer to create your own timetable based on the advice and guidance around how to structure remote learning, here is a useful template.**